

John Colet School's Drinking Water Policy

Principles

- To keep the body hydrated, it is essential that approximately 2 litres of water are drunk every day.
- To learn well, it is vital that the body is hydrated.
- At John Colet School, all members of the community are encouraged to drink water during the school day.
- Filtered water is available in the entrance hall, staff room, reception and Technology area. Water fountains are available in the PE Block and Sports Hall.

Practicalities

- Students must use clear plastic bottles to hold their water.
- Bottles should be refilled at break or lunchtime; lesson/registration time must not be used to fill water bottles.
- Staff will not give a student permission to leave a lesson to fill a water bottle.
- Water bottles can be left out on a desk during the lesson (except in ICT rooms where there are Health and Safety implications).
- In summer, students may find it useful to bring in frozen water in the bottle which will slowly defrost through the day giving a constant source of cold water.
- Only water can be drunk during lessons; other liquids are not encouraged as they do not hydrate the body as well (if at all) as water.

April 2007